



National Nutrient Database for Standard Reference

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Statistics Report 09042, Blackberries, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	88.15	5	0.776	85.5	91.9	3.0	85.339	90.957	2	Analytical or derived from analytical	--	02/2003
Energy	kcal	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	181	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein ^{1 2}	g	1.39	5	0.059	1.18	1.64	2.0	1.133	1.642	2	Analytical or derived from analytical	--	02/2003
Total lipid (fat) ^{1 2}	g	0.49	5	0.041	0.37	0.63	3.0	0.348	0.629	2	Analytical or derived from analytical	--	02/2003
Ash ^{1 2}	g	0.37	5	0.021	0.29	0.43	2.0	0.279	0.453	2	Analytical or derived from analytical	--	02/2003
Carbohydrate, by difference	g	9.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary ^{1 2}	g	5.3	4	1.131	2.3	6.7	1.0	-7.084	17.689	2	Analytical or derived from analytical	--	02/2003
Sugars, total ^{1 2}	g	4.88	4	0.685	3.04	6.35	2.0	1.504	8.258	2	Analytical or derived from analytical	--	02/2003

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Sucrose 1 2	g	0.07	4	0.000	0	0.14	--	--	--	2	Analytical or derived from analytical	--	02/2003
Glucose (dextrose) 1 2	g	2.31	4	0.296	1.53	3.02	2.0	1.006	3.613	2	Analytical or derived from analytical	--	02/2003
Fructose 1 2	g	2.40	4	0.369	1.51	3.05	2.0	0.446	4.358	2	Analytical or derived from analytical	--	02/2003
Lactose 1 2	g	0.00	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Maltose 1 2	g	0.07	4	0.000	0	0.14	--	--	--	2	Analytical or derived from analytical	--	02/2003
Galactose 1 2	g	0.03	4	0.027	0	0.11	1.0	-0.322	0.377	2	Analytical or derived from analytical	--	02/2003
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Minerals													
Calcium, Ca 1 2	mg	29	5	6.736	14	44	3.0	6.087	51.193	2	Analytical or derived from analytical	--	02/2003
Iron, Fe 1 2	mg	0.62	5	0.080	0.33	0.78	2.0	0.33	0.92	2	Analytical or derived from analytical	--	02/2003
Magnesium, Mg 1 2	mg	20	4	1.259	19	25	1.0	5.473	35.427	2	Analytical or derived from analytical	--	02/2003

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Phosphorus, P 1 2	mg	22	4	0.785	15	31	1.0	13.318	31.082	2	Analytical or derived from analytical	--	02/2003
Potassium, K 2	mg	162	2	--	159	164	1.0	--	--	1	Analytical or derived from analytical	--	05/2003
Sodium, Na 2	mg	1	2	--	1	1	1.0	--	--	1	Analytical or derived from analytical	--	05/2003
Zinc, Zn 1 2	mg	0.53	3	0.036	0.42	0.64	1.0	0.075	0.982	2	Analytical or derived from analytical	--	02/2003
Copper, Cu 1 2	mg	0.165	5	0.030	0.04	0.26	2.0	0.044	0.286	2	Analytical or derived from analytical	--	02/2003
Manganese, Mn 1 2	mg	0.646	5	0.230	0.23	1.44	2.0	-0.296	1.587	2	Analytical or derived from analytical	--	02/2003
Selenium, Se 2	µg	0.4	2	--	0.1	0.7	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	21.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin 1 2	mg	0.020	5	0.000	0.01	0.03	--	--	--	2	Analytical or derived from analytical	--	02/2003
Riboflavin 1 2	mg	0.026	5	0.000	0.02	0.04	--	--	--	2	Analytical or derived from analytical	--	02/2003

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Niacin 1 2	mg	0.646	4	0.028	0.49	0.74	1.0	0.288	1.004	2	Analytical or derived from analytical	--	02/2003
Pantothenic acid 1 2	mg	0.276	5	0.025	0.22	0.35	3.0	0.195	0.357	2	Analytical or derived from analytical	--	02/2003
Vitamin B-6 1 2	mg	0.030	5	0.001	0.02	0.04	2.0	0.025	0.036	2	Analytical or derived from analytical	--	02/2003
Folate, total 1 2	μg	25	5	2.011	20	31	3.0	18.361	32.119	2	Analytical or derived from analytical	--	02/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	25	5	2.011	20	31	3.0	18.361	32.119	2	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total 1	mg	8.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 1	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2	μg	11	4	1.971	3	17	2.0	2.208	19.167	2	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2	µg	128	4	23.650	40	204	2.0	26.493	230.007	2	Analytical or derived from analytical	--	02/2003
Carotene, alpha 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Vitamin A, IU 1 2	IU	214	4	39.416	67	340	2.0	44.155	383.345	2	Analytical or derived from analytical	--	02/2003
Lycopene 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin 1 2	µg	118	4	11.269	87	139	2.0	69.012	165.988	2	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol) 1 2	mg	1.17	5	0.053	0.56	1.83	2.0	0.94	1.396	2	Analytical or derived from analytical	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 2	mg	0.04	5	0.004	0.02	0.04	2.0	0.019	0.053	2	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma 1 2	mg	1.34	5	0.105	1.03	1.58	2.0	0.949	1.723	2	Analytical or derived from analytical	--	02/2003

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Tocopherol, delta ¹ ₂	mg	0.90	5	0.109	0.46	1.05	2.0	0.43	1.362	2	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹ ₂	µg	19.8	5	2.080	14.7	25.1	3.0	12.807	26.793	2	Analytical or derived from analytical	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
16:0	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total monounsaturated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:1 undifferentiated	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
20:1	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total polyunsaturated	g	0.280	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.186	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:3 undifferentiated	g	0.094	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 5 6 7 8	mg	99.95	62	6.96	44.17	317.18	--	--	--	--	--	--	--
Petunidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 6 8	mg	0.5	--	0.25	0	1.7	--	--	--	--	--	--	--
Peonidin 6 8	mg	0.2	--	0.21	0	1.05	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 6 9 10 11 12	mg	37.1	--	24.71	0	312.86	--	--	--	--	--	--	--
(-)-Epigallocatechin 6 9 10	mg	0.1	--	0.01	0	0.36	--	--	--	--	--	--	--
(-)-Epicatechin 6 9 10 11 12	mg	4.7	--	0.47	0	18.08	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 6 9 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 6 9 10	mg	0.7	--	0.68	0	7.44	--	--	--	--	--	--	--
(+)-Gallocatechin 6 9 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 6 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 6 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol 7 11 13 14 15	mg	0.3	--	0.2	0	3.13	--	--	--	--	--	--	--
Myricetin 6 11 14	mg	0.7	--	0.67	0	9.99	--	--	--	--	--	--	--
Quercetin 6 7 11 13 14 15 16	mg	3.6	--	0.7	0	11.9	--	--	--	--	--	--	--
Isoflavones													
Daidzein 17	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 17	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 17	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 3 4	mg	4.5	--	3	1.46	9.5	--	--	--	--	--	--	--
Proanthocyanidin trimers 3 4	mg	2.1	--	2.03	0.06	5.84	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 4	mg	7.3	--	5.02	3.47	14.56	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 4	mg	4.2	--	4.47	0.64	10.76	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 4	mg	1.5	--	3.02	0	6.04	--	--	--	--	--	--	--

Sources of Data

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